

## **Srividya sadhana, Sub-conscious mind & Manifest the desires!**

**By Sri Sadguru Sivapremanandaji**

Video Link: <https://youtu.be/pVbKwhfvDdk?si=OpZr0TRDtEliIJTC>

Shivoham, Guruji, how does one use Sri Vidya to overcome the subconscious mind patterns that hinder the progress towards one's goal? I am not sure I understand how to control and use the subconscious mind correctly.

See that, this is very important. 95% is the subconscious mind, 5% is the conscious mind. And we attract in our life because of the frequency of the subconscious mind. And as we progress in Sri Vidya Sadhana, after many years we can influence subconscious memory patterns. That is the one thing. Second thing you know that when you do the japa, what happens? You are making a memory center in your subconscious mind. More japa you do, more the memory center of the japa, the energy starts spreading in the subconscious mind. More it starts spreading, more it dissolves the past life pattern and this life belief system and pattern. That is the one way our Siddhas ask you to do it. But it takes some, you know, years to go through that because mantra has to be seeded, you should regularly meditate, you should do the japa during your waking state of awareness, then what happens? Your mantra Shakti influences your subconscious mind or casual body. But if I want to start here and now, what you need to do? Visualization. Visualization is the communication with the subconscious mind. Feeling what you want as if it has happened in your inner world, in your consciousness, in your imagination is the communication with your subconscious mind. Other day I give an example. You want to get up early morning at 5 o'clock and do the meditation. And this is the conscious mind decision, not a subconscious mind decision. When you made a sankalpa, intention, and you put the alarm, you know, morning happened and 5 o'clock alarm is ringing. Now conscious mind says get up and do the meditation. Subconscious mind says sleep. One minute we can get up. After one minute I can get up. You see that? Mahishasura is very intelligent. Inside Mahishasura knows how to postpone it. So here subconscious mind is telling that sleep. Conscious mind is telling that get up. And you know the result. Who is going to win there? If you are a Swami, Swami means have a mastery over mind and emotions, what happens? If you realize that meditation is very important, first priority in my life, what happens? You shake. You will overcome subconscious mind influence and all and you meditate. But if you are not, still you are in control of your emotion, control of your mind, means what happens? You will

sleep. After 5 minutes I will get up. Then you know that 5 minutes will be. So then how I am going to get up? That is the question. That is where the, you know, how I can use subconscious mind to get up early in the morning. What I need to do? I need to visualize that I am getting up every day. You are not getting up outside. I am telling you, outside world you are still sleeping. But inner world you are getting, waking up at 5 o'clock. Do this every day. In my soul I am getting, I am meditating at 5 o'clock. Finish. It's not that something, it's already happened in your, every day you are meditating. Then what happens? You are influencing your subconscious mind. Same way for exercise, you know. If you are not doing the exercise, you know that you are getting more weight I need to reduce the weight. But exercise is not happening every day. So walking is not happening every day. One day happens, next day, because your subconscious mind created a barrier, registers. I need to start from my word, in my imagination, in my vibrational universe, in my soul, I am fit and fine. You see that? You have to. And you know that in soul level everything is possible. Your Mahishasura says, Tatasthu. It is not in the outside world, no. Tatasthu, you can have it. So you need to use your subconscious mind to, this way, by visualizing, by creating a feeling, by accepting it has already happened in your inner world, then what happens? You start taking a control and help of subconscious mind in your life. Same with your job also, I am telling you. Same with your relationship, I am telling you. Your own loved one is not respecting you. Your own loved one is not giving, you know, what is needed. Or you don't have a job, you don't have a money flow, you don't have a, you know, things, you are not expressing your Dharma, your heart desires, you start visualizing. And if possible, use mantra in between, you know, I have abundant money flow. Then, Om Aim Hreem Shreem Shri Matre Namah Om Aim Hrim Shri Chamunda Vichai, Om Shivaya Namah yanama shiva. You see that? When I bring the divine energy, my soul intention, visualization, subconscious mind, conscious mind, super conscious mind and universal mind, everything is connecting and working to manifest what I want. Okay, that's what I go more in detail about this in Siddha Mind Power. So if you want, you can read the Success Wisdom book, where you can get all the, you know, universal laws and all the procedure, how to use subconscious mind and how to control it and how to communicate with the subconscious mind.